

MONDAY



Baked Chicken
Nuggets With Veggies

WEDNESDAY



Veggie Macaroni
and Cheese

FRIDAY



Chicken Noodle Soup

GROCERIES

6 carrots
5 stalks celery
2 cloves fresh garlic, minced
2 bay leaves
2 large eggs
1 pound boneless, skinless chicken breast, cut into 1-inch cubes
6 ounces uncooked egg noodle pasta
6 ounces cooked chicken
7 cups chicken stock
3 cups fresh broccoli florets
2 cups fresh cauliflower
1 1/2 cups uncooked elbow macaroni
1/2 cup diced onion
1/2 cup panko breadcrumbs
1/2 tablespoon olive oil or cooking spray
1/2 tablespoon fresh parsley, chopped (you can substitute dried)

2 tablespoons almond milk (or milk of choice)
1 tablespoon butter
1 1/4 teaspoon salt
1 1/4 teaspoon black pepper
1 teaspoon onion powder
1 teaspoon paprika
1/2 teaspoon garlic powder
Dipping sauces of choice
Nonstick olive oil cooking spray
Vegetable of choice

TUESDAY, THURSDAY
AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers